

What Is Claimed Is:

1. A method for treating a fluid mal-distribution state in a host, comprising the step
5 of directly administering an effective amount of a water-absorbent polymer to the intestinal tract of the host, wherein the water-absorbent polymer is capable of absorbing at least 10 times its weight in physiological saline.
2. The method according to Claim 1, wherein the fluid mal-distribution state is nocturia.
- 10 3. The method of Claim 2 wherein the polymer is enterically coated and the method of delivery is oral administration.
4. The method of Claim 2 wherein the polymer is capable of absorbing at least 20 times its weight in physiological saline.
5. The method of Claim 4 wherein the polymer is capable of absorbing at least 30
15 times its weight in physiological saline
6. The method of Claim 5 wherein the polymer is capable of absorbing at least 40 times its weight in physiological saline.
7. The method of Claim 2 wherein the polymer is formed by polymerizing acrylate containing monomers.
- 20 8. The method of Claim 2 wherein the polymer is formed by polymerizing a monomer comprising acrylic acid or salts thereof.
9. The method of Claim 2 wherein the polymer is a polysaccharide.
10. The method of Claim 3 wherein the enteric coating selected from at least one of: hydroxypropylmethylcellulose, hydroxypropylmethylcellulose phthalate, methacrylic acid
25 polymers, or polymers of derivatives of methacrylic acid.
11. The method of Claim 2 wherein the polymer is placed within an enterically coated capsule.
12. The method of Claim 11 wherein the enteric coating is selected from at least one of: hydroxypropylmethylcellulose, hydroxypropylmethylcellulose phthalate, methacrylic
30 acid polymers , or polymers of derivatives of methacrylic acid.

13. The method according to Claim 1, wherein the fluid mal-distribution state is fluid-responsive hypertension.

14. The method of Claim 13 wherein the polymer is enterically coated and the method of delivery is oral administration.

5 15. The method of Claim 13 wherein the polymer is capable of absorbing at least 20 times its weight in physiological saline.

16. The method of Claim 15 wherein the polymer is capable of absorbing at least 30 times its weight in physiological saline

10 17. The method of Claim 16 wherein the polymer is capable of absorbing at least 40 times its weight in physiological saline.

18. The method of Claim 13 wherein the polymer is formed by polymerizing acrylate containing monomers.

19. The method of Claim 13 wherein the polymer is formed by polymerizing monomer comprising acrylic acid or salts thereof.

15 20. The method of Claim 13 wherein the polymer is a polysaccharide.

21. The method of Claim 14 wherein the enteric coating selected from at least one of: hydroxypropylmethylcellulose, hydroxypropylmethylcellulose phthalate, methacrylic acid polymers, or polymers of derivatives of methacrylic acid.

20 22. The method of Claim 13 wherein the polymer is placed within an enterically coated capsule.

23. The method of Claim 22 wherein the enteric coating is selected from at least one of: hydroxypropylmethylcellulose, hydroxypropylmethylcellulose phthalate, methacrylic acid polymers, or polymers of derivatives of methacrylic acid.

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